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Antioxidant Foods and Cardiometabolic Health

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Message from the Guest Editors

Cardiometabolic diseases are considered one of the leading causes of morbidity and mortality worldwide, and the beneficial effects of diets rich in fruits and vegetables are widely recognized. Oxidative stress and inflammation are acknowledged as fundamental mechanisms implicated in the development and progression of these diseases, and the health benefits of plant-based diets could be related to the antioxidant and anti-inflammatory properties of the wide array of bioactive compounds present in these foods. The characterization of foods, food extracts, and specific phytochemicals, and the identification of their mechanism of action, is key to scientifically validating the relationship between diet and cardiometabolic health.

We invite you to submit to this Special Issue your latest research or a review article related to this subject, focused on foods with antioxidant properties, their potential benefits to counteract obesity, hypertension, diabetes, and other related cardiometabolic diseases, and the molecular mechanisms implicated in their effects.



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Special Issue



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Message from the Editor-in-Chief

It has been recognized in medical sciences that in order to prevent adverse effects of "oxidative stress" a balance exists between prooxidants and antioxidants in living systems. Imbalances are found in a variety of diseases and chronic health situations. Our journal *Antioxidants* serves as an authoritative source of information on current topics of research in the area of oxidative stress and antioxidant defense systems. The future is bright for antioxidant research and since 2012, *Antioxidants* has become a key forum for researchers to bring their findings to the forefront.

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